



Teaneck Senior Center

Township of
Teaneck



Fall Season 2021

Designed by:
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Fall into the Season



We're excited to bring you the Fall edition of our newsletter! We have been continuing our wellness checks, virtual classes, and have successfully completed three Outdoor Sessions.

Fall 2021 Indoor Classes Are Here!

The Senior Center will be offering an array of **indoor classes** for the 2021 Fall Session. Forms for the Fall Session will be available for pick-up in the Senior Center Lobby (2nd floor), outside of the Recreation Office (1st floor), and can be found online on the Township Website. The 14-week Indoor Fall Session will run from **Monday, September 13th to Friday, December 17th.**

We will continue to use the Township Website as our way of communicating any updates:

<https://www.teanecknj.gov/senior-programs>

Virtual Classes Are Still Available!

Check out our physical fitness, art, and educational class offerings on the Township Website: <https://www.teanecknj.gov/senior-programs>.

The Senior classes are also playing on **Cable TV**
Channel 77 on Altice (Optimum) or Channel 47 on FIOS!

Inside this issue:

<i>Resources</i>	2
<i>Recipe Corner</i>	3
<i>Fall Craft: Mason Jar Leaf Lanterns</i>	3
<i>Words of Wisdom</i>	3

Health & Wellness

How to Prevent Slips & Falls!



- Get enough sleep to increase your response and reflexes.
- Get rid of household hazards.
- Make sure you have non-skid mats inside and outside of the bathtub/shower.
- Plan for strong bones: make sure your diet includes Calcium and Vitamin D.

Source: The Nurse Next Door
Nurse Kathy Powers R.N.

RESOURCE CORNER

Professional Services

Holy Name Medical Center Nurse, Kathleen Powers, R.N., will be on-site for Blood Pressure Screenings by APPOINTMENT ONLY.

Please call the Senior Center
at 201-837-0171 or 201-837-7130 to make an appointment.



Do you need help paying for Medicare and Prescription Drugs?

Medicare beneficiaries can start saving money right now on healthcare costs. New Jersey has several Medicare Savings Programs to help you save on Medicare Part B, prescription drugs, and other healthcare expenses.

Call the Bergen County SHIP (State Health Insurance Assistance Programs) Helpline at 201-336-7413 to make a free and confidential appointment with a certified SHIP Counselor.

Source: County of Bergen Department of Human Services

Senior Helpline



A Service of the Aging and Disability Resource Connections (ADRC)

201-336-7400

Bergen County
Department of Human Services
Division of Senior Services

Recipe Corner: Applesauce Cake

Ingredients:

- 1 stick unsalted butter
- 1 cup granulated sugar
- 1 cup applesauce
- 2 cups all purpose flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/4 teaspoon ground cloves
- 1/2 cup raisins
- 1/2 cup walnuts
- 2 teaspoons powdered sugar

For garnish



*Recipe Courtesy of
Momfoodie.com*

Instructions:

- Preheat oven 350°
- Spray 8" baking pan
- In a large mixing bowl, cream together the butter and sugar. Add applesauce and mix well.
- Add in flour, baking soda, and cloves. Mix just to combine.
- Fold in walnuts and raisins
- Pour batter into prepared dish.
- Bake for 40-45 minutes.
- Sprinkle with powdered sugar and Enjoy!

Notice how the trees do
not cling to their leaves.
Fall is about releasing
the old to make way
for the new.

Mason Jar Leaf Lanterns

Materials Needed:

- Mason Jar
- Leaves (dried & cleaned)
- Soft bristled brush or sponge
- Mod Podge or PVA Glue
- Tea Light



Source: One Little Project

Instructions:

Take leaves and flatten them between two pieces of newspaper. Remove any labels from the mason jar, wash with warm soapy water, and dry well.

Paint the mod podge on one area on the jar where you want to place the leaf. Press the dried leaf into the jar. Repeat so that the leaves overlap the jar.

Once dry, put a second layer of mod podge over the leaves and let dry. Place tea light inside and enjoy!